



DEREK S.K. KAWAKAMI, MAYOR
MICHAEL A. DAHLIG, MANAGING DIRECTOR

News Release

For Immediate Release: March 6, 2023

COUNTY OF KAUA'I
DEPARTMENT OF PARKS & RECREATION
PATRICK T. PORTER, DIRECTOR
(808) 241-4460

Fitness Week in Kalena Park scheduled March 11 to March 18

LĪHU'E – To promote a healthy and active lifestyle, the Department of Parks and Recreation is teaming up with Get Fit Kaua'i and other organizations to bring Fitness Week In The Park at Kalena park in Līhu'e, from March 11 to March 18.

Activities at no cost will be featured daily, including bicycle riding, pickleball clinics, yoga, walking tours, keiki activities, and more.

To view the "Fitness Week In The Park" schedule and register, please visit www.kalenapark.com.

If you require an ASL interpreter, materials in an alternate format, or other auxiliary aid support, or an interpreter for a language other than English, contact Bev Brody at bev@getfitkauai.com as soon as possible. Requests made as early as possible will allow adequate time to fulfill your request. Upon request, this notice is available in alternate formats such as large print, Braille, or electronic copy.

FITNESS WEEK IN THE PARK

Free activities all week long!

March 11, 2023 - March 18, 2023

Kalena Park (corner of Rice St & Kalena St)

- Pickleball clinics
- TRX, yoga & more!
- Walking tours
- Keiki activities
- Prize drawings!!



To view schedule & register for FREE classes, please visit:

www.KalenaPark.com

If you need an auxiliary aid/service or other accommodation due to a disability, contact Bev Brody at bev@getfitkauai.com as soon as possible. Requests made as early as possible will allow adequate time to fulfill your request.

SCHEDULE OF EVENTS:

Saturday March 11:

4:00pm Lihu'e Night Market
4:30pm Bikes on Rice

Sunday March 12:

10:00am Healthy Half-Mile Walking Group
10:00am Pickleball Clinic

Monday March 13:

5:00pm Healthy Half-Mile Walking Group

Tuesday March 14:

7:00am "Rise & Shine" Circuit
8:15am Yin Yoga

Wednesday March 15:

5:00pm TRX Circuit
5:00pm Healthy Half-Mile Walking Group

Thursday March 16:

7:00am "Rise & Shine" Circuit
8:15am Yin Yoga
10:30am Mommy & Me Fitness

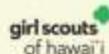
Friday March 17:

5:00pm Healthy Half-Mile Walking Group

Saturday March 18:

9:00am Hatha Yoga (Bikram Series)
9:45am Keiki Pickleball Clinic
11:30am Animal Dance Party
11:45am Adult Pickleball Clinic
1:30pm Healthy Half-Mile Walking Group

MAHALO TO OUR SPONSORS:



###